



# SOUTH SIDE HAL Senior Center



*HAL—Health Active Living, is committed to ensuring that all persons 60 and older live active and healthy lives.*

*CitiParks HAL Senior Centers focus on improving the lives of older Pittsburghers—physically, intellectually, socially, culturally and financially.*

12th & Bingham Streets  
(South Side)  
Pittsburgh, PA 15203  
412-488-8404

## HOURS OF OPERATION

Monday-Friday  
8 AM—4 PM

## SENIOR LUNCH PROGRAM\*

*SOUTH SIDE'S Hot Lunch is served at 12 PM.*

*\*Schedule subject to change—around holidays, building maintenance, weather, etc.*

## SENIOR LUNCH DETAILS

## CENTER ACTIVITIES INCLUDE

- ⇒ Fitness Equipment, Exercise Opportunities
- ⇒ BINGO
- ⇒ Arts & Crafts
- ⇒ Guest Speakers
- ⇒ Excursions: Shopping, Meals, Cultural Experiences
- ⇒ Group Activities
- ⇒ Holiday Themed Celebrations
- ⇒ Ceramics
- ⇒ Darts

**For more information on the daily activities offered, check out the SOUTH SIDE ACTIVITIES CALENDAR on Page 2.**



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HEALTHY ACTIVE LIVING

**STAFF:**  
KRISTIN COYNE-  
CENTER DIRECTOR

DEBORAH SMITH-  
GLOVER  
FT REC.LEADER

RON HERBINKO  
PT REC LEADER

SECURITY GUARD  
JA'VONNIA "JAY" MILLER



**WORKOUT ROOM OPEN DAILY**

9AM-11AM & 1PM-3PM

PICKLEBALL CLUB M-T-W-F 10AM-12PM

**\$.50 Donation is Suggested**

**THE SOUTH SIDE MARKET HOUSE**  
**HEALTHY ACTIVE LIVING**  
**CENTER**

1201 Bingham Street  
Pittsburgh Pa. 15203  
412-488-8404

HOURS: 8am-4pm

**FREE PARKING FOR ALL MEMBERS**

Monday-Friday 8AM-4PM

(Parking lot by DQ)

**(YOU MUST BE IN THE CENTER w/ A VERIFIED REGISTERED LICENSE PLATE)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Blood Pressure 9am</p> <p>Chair Volleyball Exercise w/ Deb 10:30am</p> <p>LCR 11am</p> <p>Walking Group 1pm</p>	<p>3</p> <p>Thera Pet Visit w/ Boudica 10am</p> <p>Meditation, Dance &amp; Laughter w/ Renee 11am</p> <p>Mexican Train w/ Pauline 11am</p> <p>2 Men &amp; Truck w/ Steve 12:30pm</p>	<p>4</p> <p>Blood Pressure 9am</p> <p>Piano w/ Judy 9am</p> <p>Tai Chi w/ Gurney 10:45am</p> <p>Walking Afternoon w/ Deb 1pm</p> <p>Walmart OPT Trip 1pm-3pm</p>	<p>5</p> <p>Daylight Savings Bingo 11am</p> 	<p>6</p> <p>Blood Pressure 9am</p> <p>Chair Volleyball Exercise w/ Deb 10:30am</p> <p>Relaxation w/ Renee 11am</p> <p>Rivers Casino OPT Trip 1pm-4pm</p>
<p>9</p> <p>Blood Pressure 9am</p> <p>Chair Volleyball Exercise w/ Deb 10:30am</p> <p>Nutrition Links w/ Denise "Safe Cooking" 11am</p> <p>LCR 11am</p>	<p>10</p> <p>Meditation, Dance &amp; Laughter w/ Renee 11am</p> <p>Mexican Train w/ Patricia 11am</p> <p>March Madness Afternoon 1pm</p> <p>(Basketball, Crafts, games and etc.)</p> <p>Movie Day: (N) Dante's Peak 1pm</p>	<p>11</p> 	<p>12</p> <p>Covid shots w/ Neighborhood</p> <p>Resilience 10am-12pm</p> <p>Mad Hatter Bingo 11am</p> 	<p>13</p> <p>Blood Pressure 9am</p> <p>Chair Volleyball Exercise w/ Deb 10:30am</p> <p>Relaxation w/ Renee 11am</p> <p>Movie Day: (N) Dante's Peak 12:30pm</p> <p>Spins Bowling OPT Trip 1pm-3pm</p>
<p>16</p> <p>Blood Pressure 9am</p> <p>Chair Volleyball Exercise w/ Deb 10:30am</p> <p>Nutrition Links w/ Denise "How to read Labels" 11am</p> <p>LCR 11am</p> <p>Clay Shamrock Craft 1pm</p>	<p>17</p> <p><b>St Patrick's Day Recreational Day 10am-2pm</b></p> <p><b>Pickleball, Basketball, LCR,</b></p> <p><b>Mexican Train, Board Games, Find the Leprechaun, Where is the gold</b></p> <p>Meatball Hoagie Sale 1pm-3pm \$4.00</p>	<p>18</p> <p>Blood Pressure 9am</p> <p>Piano w/ Judy 9am</p> <p>Tai Chi w/ Gurney 10:45am</p> <p>Walking Afternoon w/ Kristin 12:30pm</p> <p>Craft Time w/ Pauline 1pm-2pm</p> <p>Picture on flyer</p>	<p>19</p> <p><b>St. Patrick's Day Bingo 11am</b></p> <p>Find the shamrock, get 1 FREE jackpot</p> <p>Find the leprechaun get 2 FREE jackpots</p> <p>Find the pot of GOLD get 3 FREE jackpots</p> 	<p>20</p> <p>Blood Pressure 9am</p> <p>Chair Volleyball Exercise w/ Deb 10:30am</p> <p>Relaxation w/ Renee 11am</p> <p>Movie Day (H) The Abyss 12:30pm</p>
<p>23</p> <p>Pittsburgh EMS w/ Sara And Drew 10:30am</p> <p>Chair Volleyball Exercise w/ Deb 10:30am</p> <p>Nutrition Links w/ Denise "Increasing fruits and veggies" 11am</p> <p>LCR 11AM</p>	<p>24</p> <p><b>Breakfast OPT Trip Ham &amp; egggers 9:30am-11:15am</b></p> <p>Meditation, Dance &amp; Laughter w/ Renee 11am</p> <p>Mexican Train w/ Holly 11am</p> <p>Billiards w/ Staff 1:30pm</p>	<p>25</p> <p>Blood Pressure 9am</p> <p>Piano w/ Judy 9am</p> <p>Breathe Easy Pa w/ Tracy 10:30am</p> <p>Tai Chi w/ Gurney 10:45am</p> <p>Walking Afternoon 1pm</p> <p>Food Bank 5:30pm-7pm</p>	<p>26</p> <p>Hippity Hop to Polly's Pop UP Shop 10am-2pm</p> <p>Deal or No Deal Bingo 11am</p> 	<p>27</p> <p>Blood Pressure 9am</p> <p>Chair Volleyball Exercise w/ Deb 10:30am</p> <p>Relaxation w/ Renee 11am</p> <p>Movie Day (D) Cinderella w/ Whitney Houston &amp; Brandi 12:30pm</p>
<p>30</p> <p>Blood Pressure 9am</p> <p>Chair Volleyball Exercise w/ Deb 10:30am</p> <p>LCR 11AM</p> <p>Darts competition Staff v/s Member 1pm</p> <p>WII Bowling w/ Staff 2pm-3pm</p>	<p>31</p> <p>Tai Chi w/ Gurney 10:45am</p> <p>Mexican Train w/ Nancy 11am</p> <p>Walmart OPT trip 1pm-3pm</p> <p><b>Shamrock Craft COMPLETION</b></p> <p><b>1pm</b></p>	<p>SUNDAY</p> <p>MARCH 8TH, 2026</p> <p>Don't forget to...</p>  <p>Spring Forward!</p>	<p>QUALIFYING LOYALTY CARD PUNCHES</p> <ul style="list-style-type: none"> <li>-Leader Exercises</li> <li>-Presentations</li> <li>-Cooking Classes</li> <li>-Socials</li> <li>-Movies</li> </ul> <p>THE MORE YOU PARTICIPATE THE BETTER YOUR CHANCE IS TO WIN!!</p>	<p>Funded Impart</p> <p>By</p> <p>The Allegheny County Area On Aging</p>

# The South Side Market House Healthy Active Living Center Newsletter March 2026

March is here AND anything is possible. The spring air is on the way, the flowers will begin to bloom. Focus on renewal, growth, and seizing any or new opportunities that are in your path. Grab onto your happiness and run with it. Encourage a shift toward positivity or personal environment. Prioritize yourself thru all endeavors. This is the month to be energized and full of life. No matter your age, men or women, your goals are your goals and you can achieve anything your mind is set forth to do.

Birthstone: **AQUAMARINE**

Birthstone color: **DEEP BLUE-GREEN/SKY BLUE**

Birth Flower: **Daffodil**



Prioritize yourself, show your confidence, scream that you are enough, show that your grateful, trust the journey and be happy with yourself. March is the month to bring you joy, satisfaction and peace. May all the desires of your heart be granted. May this be the beginning of new things in your life. Stay strong, be positive and fulfill all your dreams.

The South Side Market House is not just a Healthy Active Living Center, it's also has so much more to offer each person who walks thru our front door, we become a family .

We offer Piano lessons, Bingo, Wii Games, Pickleball, Crafts, Fundraisers, Quiet time, Book club, Exercises Classes, Workout Equipment, Trips, Chair Volleyball, Parties, Socials, Produce to the People, and much more.

What do you want to accomplish? What do you want to achieve? What is your goal?

From The South Side Crew: Thank you for helping us achieve our goals each day, each week, each month, each year. Together we can make the South Side Market House become what we all know it can be, A CHAMPION, but with all of your help we can go above and beyond. Thank you to each one of you for believing in The South Side Market House and allowing us to become part of your life.



**CITIPARKS**  
HEALTHY ACTIVE LIVING



**SOUTH SIDE  
HAL Senior Center**

12th & Bingham Streets, 15203  
412-488-8404



Daylight Savings time!

**Spring  
Ahead**

Sunday, March 8, 2026

Set your clocks  
Ahead 1 hour!



May your troubles be less,  
And your blessing be more.  
And nothing but happiness,  
Come through your door.

Irish Blessing

